WHAT IS CLAIMED IS:

CLAIM 1. A sweat band, comprising:

a hydrophilic foam core; and

a moisture wicking fabric covering said foam core, said moisture wicking fabric being disposed to contact the head of a wearer of said sweat band.

CLAIM 2. A sweat band in accordance with claim 1, wherein:

said foam core is treated to be resistant to at least one of microbes, bacteria, and fungi.

CLAIM 3. A sweat band in accordance with claim 1, comprising:

an adjustment portion to adjust the size of said sweat band to a wearer.

CLAIM 4. A sweat band in accordance with claim 1, wherein:

said foam core comprises water absorbent polymer crystals.

CLAIM 5. A sweat band for use in a helmet, said helmet comprising a suspension web disposed therein, said suspension web including a headband, said sweat band comprising:

a sweat band portion comprising:

a hydrophilic foam core; and

a moisture wicking fabric covering said foam core;

an attachment portion coupled to said sweat band portion for releasable affixing said sweat band portion to the suspension web of a helmet.

CLAIM 6. A sweat band in accordance with claim 5, comprising:

an adjustment member used to adjust said sweat band to fit the head of a wearer of said helmet.

CLAIM 7. A sweat band in accordance with claim 6, wherein:

said adjustment member comprises a hook and loop type fastener, with the hook portion of said fastener being carried on one end of said adjustment member and a loop portion being carried on said adjustment member to engage said hook portion.

CLAIM 8. A sweat band in accordance with claim 7, wherein:

said adjustment member and said attachment portion are each affixed to said sweat band portion proximate one peripheral edge portion of said sweat band portion.

CLAIM 9. A sweat band in accordance with claim 5, wherein:

said foam core comprises water absorbent polymer crystals.

CLAIM 10. A sweat band in accordance with claim 5, wherein:

said attachment portion comprises a plurality of strips carrying hook portions of hook and loop type fasteners, each of said plurality of strips being utilized for securing said sweat band to the web portion of a helmet, such that said sweat band portion is carried in said helmet proximate the head band of said helmet.

CLAIM 11. A sweat band in accordance with claim 5, wherein:

said hydrophilic foam core is treated to be resistant to at least one of microbes, bacteria and fungi.

CLAIM 12. A helmet comprising:

a protective helmet body;

a suspension carried within said helmet body, said suspension comprising a headband; and

a sweat band carried in said helmet body proximate said headband, comprising:

a sweat band portion comprising:

a hydrophilic foam core; and

a moisture wicking fabric covering said foam core;

an attachment portion coupled to said sweat band portion for releasable affixing said sweat band portion within said helmet body.

CLAIM 13. A helmet in accordance with claim 12, comprising:

an adjustment member attached to said sweat band portion, said adjustment member being used to adjust said sweat band to fit the head of a wearer of said helmet.

CLAIM 14. A helmet in accordance with claim 13, wherein:

said adjustment member comprises a hook and loop type fastener, with the hook portion of said fastener being carried on one end of said adjustment member and a loop portion being carried on said adjustment member to engage said hook portion.

CLAIM 15. A helmet in accordance with claim 14, wherein:

said adjustment member and said attachment portion are each affixed to said sweat band portion proximate one peripheral edge portion of said sweat band portion.

CLAIM 16. A helmet in accordance with claim 12, wherein:

said foam core comprises foam impregnated with water absorbent crystals.

CLAIM 17. A helmet in accordance with claim 12, wherein:

said attachment portion comprises a plurality of strips carrying hook portions of hook and loop type fasteners, each of said plurality of strips being utilized for attaching said sweat band within said to the helmet body, such that said sweat band portion is carried in said helmet body proximate said head band.

CLAIM 18. A sweat band in accordance with claim 12, wherein:

said foam core is treated to be resistant to at least one of microbes, bacteria and fungi.

CLAIM 19. A sweat band, comprising:

a hydrophilic foam core; and

a fabric covering containing said foam core, said fabric being disposed to contact the head of a wearer of said sweat band.

CLAIM 20. A sweat band in accordance with claim 19, wherein:

said foam core is treated to be resistant to at least one of microbes, bacteria, and fungi.

CLAIM 21. A sweat band in accordance with claim 19, comprising:

an adjustment portion to adjust the size of said sweat band to a wearer.

CLAIM 22. A sweat band in accordance with claim 19, wherein:

said foam core comprises water absorbent polymer crystals.

CLAIM 23. A sweat band for use in a helmet, said helmet comprising a suspension web disposed therein, said suspension web including a headband, said sweat band comprising:

a sweat band portion comprising:

a hydrophilic foam core; and

a fabric cover disposed on said foam core;

an attachment portion coupled to said sweat band portion for releasable affixing said sweat band portion to the suspension web of a helmet.

CLAIM 24. A sweat band in accordance with claim 23, comprising:

an adjustment member used to adjust said sweat band to fit the head of a wearer of said helmet.

CLAIM 25. A sweat band in accordance with claim 24, wherein:

said adjustment member comprises a hook and loop type fastener, with the hook portion of said fastener being carried on one end of said adjustment member and a loop portion being carried on said adjustment member to engage said hook portion.

CLAIM 26. A sweat band in accordance with claim 25, wherein:

said adjustment member and said attachment portion are each affixed to said sweat band portion proximate one peripheral edge portion of said sweat band portion.

CLAIM 27. A sweat band in accordance with claim 23, wherein:

said foam core comprises water absorbent polymer crystals.

CLAIM 28. A sweat band in accordance with claim 23, wherein:

said attachment portion comprises a plurality of strips carrying hook portions of hook and loop type fasteners, each of said plurality of strips being utilized for securing said sweat band to the web portion of a helmet, such that said sweat band portion is carried in said helmet proximate the head band of said helmet.

CLAIM 29. A sweat band in accordance with claim 23, wherein:

said hydrophilic foam core is treated to be resistant to at least one of microbes, bacteria and fungi.

CLAIM 30. A helmet comprising:

a protective helmet body;

a suspension carried within said helmet body, said suspension comprising a headband; and

a sweat band carried in said helmet body proximate said headband, comprising:

a sweat band portion comprising:

a hydrophilic foam core; and

a fabric covering over said foam core;

an attachment portion coupled to said sweat band portion for releasable affixing said sweat band portion within said helmet body.

CLAIM 31. A helmet in accordance with claim 30, comprising:

an adjustment member attached to said sweat band portion, said adjustment member being used to adjust said sweat band to fit the head of a wearer of said helmet.

CLAIM 32. A helmet in accordance with claim 31, wherein:

said adjustment member comprises a hook and loop type fastener, with the hook portion of said fastener being carried on one end of said adjustment member and a loop portion being carried on said adjustment member to engage said hook portion.

CLAIM 33. A helmet in accordance with claim 32, wherein:

said adjustment member and said attachment portion are each affixed to said sweat band portion proximate one peripheral edge portion of said sweat band portion.

CLAIM 34. A helmet in accordance with claim 30, wherein:

said foam core is impregnated with water absorbent polymer crystals.

CLAIM 35. A helmet in accordance with claim 30, wherein:

said attachment portion comprises a plurality of strips carrying hook portions of hook and loop type fasteners, each of said plurality of strips being utilized for attaching said sweat band within said to the helmet body, such that said sweat band portion is carried in said helmet body proximate said head band.

CLAIM 36. A sweat band in accordance with claim 30, wherein:

said hydrophilic foam core is treated to be resistant to at least one of microbes,. bacteria and fungi.